

# Make a change for life.



## Healthy Lifestyle Classes

St. James Hospital invites you to take part in our 16 week Diabetes Prevention Program. You will receive lab work twice during the course, gym passes and monthly follow up meetings for a year after completion.

Classes are facilitated by a trained lifestyle coach and experts in nutrition, fitness, and stress management. These instructors, with the support of other class participants, will help motivate you to reach your goals, including:

- Weight Loss
- Active Lifestyle
- Healthy Eating Behaviors

### When:

Mondays at Noon starting February 9 - or - Wednesdays at 5:30 p.m. starting February 11.

**Cost:** \$100\*

### Where:

Southwest Montana Community Health Center | 445 Centennial Ave | Butte, MT 59701

*\* Preregistration is required and scholarships are available.*

